



Arlington Council on Aging

Agenda

Date: Thursday November 19, 2020 Time: 6:00 pm

Location: Due to COVID-19 Pandemic, this meeting will be conducted virtually via Zoom, following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail KShah@town.arlington.ma.us for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.

Kristine Shah, Executive Director

Michael Quinn, Chair

Marge Vanderhill, Secretary

The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.

1. Call to order
2. Citizen's Open Forum
3. Minutes of the October, 2020 meeting for approval
4. Executive Director's Report
5. Report of the Chair
6. Minuteman Senior Services Report: Marge Vanderhill
7. ASA Liaison Report
8. Old Business
9. New Business
10. Adjourn - **Next meeting: December 17, 2020**

Executive Director's Report

Kristine Shah

I. Updates on Programs/Services

a. Nutrition and Food Access

- i. Successful transition to the new Arlington EATS hotline phone number took place
- ii. The COA completed our annual SNAP audit last week
- iii. We are excited to be increasing the number of hot turkey dinners we are delivering on Thanksgiving morning this year. So far we have secured about 30 volunteers to deliver 150 dinners. Meals are being made by Something Savory this year with some ingredients sourced from Food Link and funding from the Retired Men's Club, NEATS and Arlington EATS. Puzzles collected by Maxima will also be included with the meal deliveries. All meals will be delivered in a contact free way for COVID safety.
- iv. Our monthly Greater Boston Food Bank CSFP grocery distribution out of Drake continues monthly in a delivery method to 60 residents.

b. Staying Connected and Supporting Older Residents

- i. Our fitness classes continue to be a great way for older adults to regularly engage and connect virtually. Tai Chi classes continue to be recorded and aired on ACMi.
- ii. Other virtual programming continues to grow and expand including 8 new class offerings for December alone, including UCLA's "Brain Training" workshop co-hosted with the Lexington COA.
- iii. We are partnering with one of our podiatrists, Dan Selligman, to offer a pilot podiatry clinic at his office in Medford. Podiatry appointments continue to be a frequent request from our residents.
- iv. The COA is co-sponsoring and cross promoting a handful of relevant ACE (Arlington Community Education) classes geared toward our population.
- v. The 4th annual Intergenerational SAGE Table took place virtually on November 12 with 25 attendees. Live music was provided by Pronoun and meals were provided "grab and go" style by BrightView.
- vi. We received great feedback from our Pumpkin Patch drive through event in October. We were able to see lots of smiling faces of people who visited the center regularly pre-pandemic. It is our goal to continue these "grab and go" style events monthly and we have a holiday themed event scheduled for December.
- vii. Our Warm Wishes holiday gift bag program will continue this year with a plan to distribute gift bags to 100 older residents in the month of December. Maxima has partnered with us.
- viii. Fuel Assistance renewals are under way and we are experiencing an increase in numbers of new applicants.
- ix. Medicare Open Enrollment season is under way and SHINE volunteers have been busy assisting residents virtually. We conducted a zoom info session and have a recorded presentation airing on ACMi.

c. Flu Vaccines

- i. Due to the pandemic, Joanne Sliney, RN, COA nurse, completed hundreds of at home flu shots this year. We had designated days at each Senior Housing building for residents and also appointments for residents in individual homes.
- ii. For the first time, the COA partnered with Walgreens to provide high dose flu vaccines. On October 30, a tent was set up for any Arlington residents over age 60 to receive their vaccines and over 40 people attended.

d. Grant Updates

- i. We are in the process of applying for 3 new grants:
 - 1. \$20,000 from MAPC for Taxi/Livery transportation for older adults in Arlington.
 - 2. \$10,000 from CHNA 17 to fund transportation to mental health appointments and access to technology for virtual mental health appointments for Black/African American residents.
 - 3. \$10,000 from Lahey/BIDMC Health for Transportation.

e. Property Tax & Rent Relief Programs

- i. Applications have been updated and are available on the COA website for the 2020-21 Volunteer Tax Work off Program, Harry Barber Program and the Elderly and Disabled Tax Relief Fund. We currently have 3 spots remaining in the Volunteer Tax Work Off program for the upcoming year.
- ii. Rick Fentin and Michael Quinn hosted an informative virtual info session on Property Tax Deferral (41A) on November 12.

f. Other

- i. Thank you to board members who sent messages to state representatives regarding the budget. We have since heard that our request for level funding is expected to be fulfilled.
- ii. We are scheduled to move COA office staff to the 2nd floor on November 21.
- iii. Sub Committee for Dementia Friendly Arlington and Age Friendly next steps.
- iv. New Board member recruitment update